Sensible Commissary Produce Shopping

Use a detailed grocery list to use when buying fruits and vegetables

Remember to eat the recommended number of servings of fruits and vegetables each day for good health

Fresh fruits and vegetables are most economical when they are in season

Canned and frozen products may be less expensive than fresh out of season

Avoid unwanted leftovers by buying exact amounts of foods needed for a recipe

Shop alone; avoid distractions from your effort to shop wisely

Do not shop when hungry. This will prevent buying expensive snacks and ready-to-eat foods

Avoid dented, bulging cans; they may be spoiled and unsafe to eat